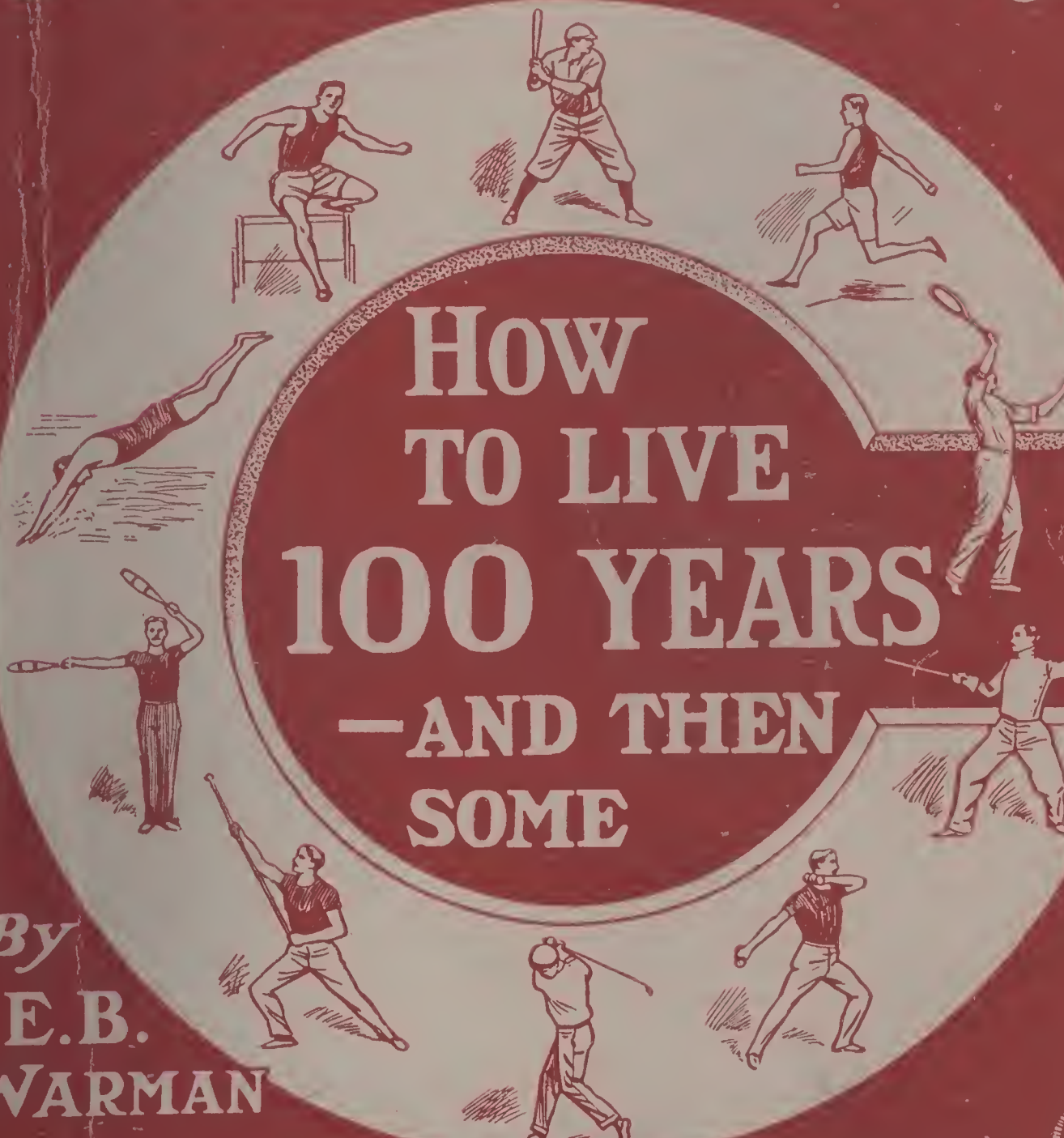


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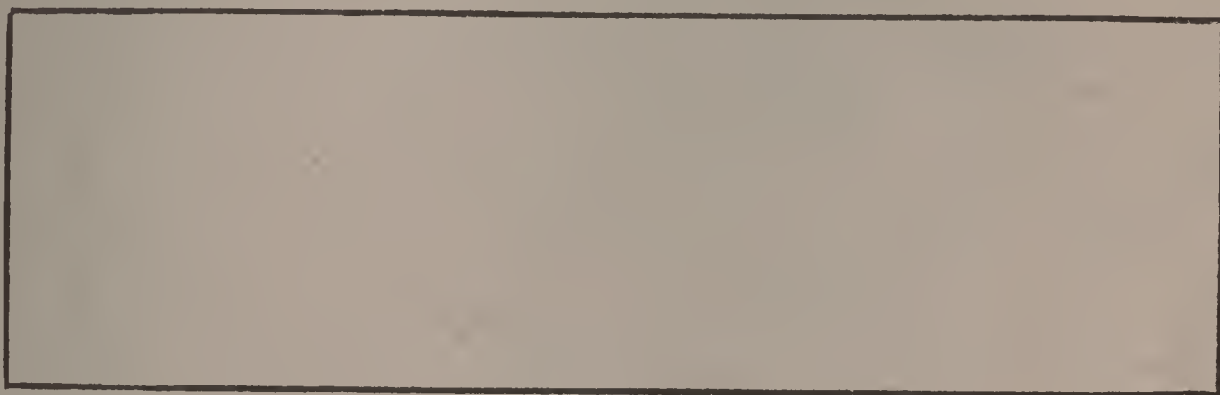
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How to Live One Hundred Years

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By
EDWARD B. WARMAN, A. M.
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Contents

Alphabet of Health.....	6
One Hundred Years.....	9
What is the Maximum of Middle Life?	11
The Span of Life.....	13
How to Reach the 100-Mile Post.....	18
Growing Old..	23
Correct Position	26
Special Exercises	26
Eat to Live.....	27
Bathe Daily	28
Drink Plentifully	30
Breathe Deeply	33
Underwear	35
Sleep	35
Color	37
Insulation	38
The Four Chimneys.....	40
Fasting	41
Gray Hair	42
Longevity	42
An Old (?) Man.....	44
Would You Live to a Ripe Old Age?..	46

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The Land of Long Life.....	49
Some California Centenarians.....	52
Where Do People Live the Longest?..	56
Some Remarkable Cases of Longevity.	61
Noted Men Who Produced Their Great- est Works After Passing Fiftieth Year	81
He Practices What He Preaches.....	84
How to Keep Well.....	87

Introductory

To those who desire to reach the century mark I purpose giving, in the following pages, some helpful and healthful suggestions, and in the way of added encouragement I shall cite a score or more of cases wherein both men and women have passed the hundred mile post—and then some.

The author is aiming in that direction, and trusts that his success on reaching the goal may not be a parallel case to that of the man who, writing a book entitled, "How to be Happy Without Money," got stuck on the fourth chapter and has now abandoned the work entirely.

The reader of this little manual, I trust, may not meet the fate of the man regarding whom it was asked, "What was the cause of his death?" To this query the answer was: "He bought two books on 'How to Live 100 Years,' and he tried to work both systems at once."

Vigorously yours,

EDWARD B. WARMAN.

Warman's Alphabet of Health

Aim high—mentally, morally, physically.

Breathe deeply. Bathe daily.

Cut loose from everything detrimental.

Drink several glasses of cold water daily.

Exercise judiciously, systematically, regularly every day.

Fear nothing.

Get fresh air day and night; better be carried off by a burglar than by an undertaker.

Heed Nature's slightest warning; heed it at once.

Indulge in sun baths; better have the sun paint your face red than to have the liver paint it yellow.

Judiciously guard all outgo, especially nervous expenditure.

Keepest your mouth closed when breathing—also when angry.

Laugh at misfortunes—your own, not others'.

Masticate your food until it near-liquefies.

Never neglect the care of your teeth.

Over-exertion in any line should be avoided.

Persistently keep a correct position of the body—standing, sitting, walking.

Quit worrying if you wish a long life.

Realize that all life is sacred; all days are holy.

Sleep eight hours when possible.

Take a daily air bath—if only for five minutes.

Use every talent that God has given you.

Violated laws of Nature must be paid in full.

Waste no time in denying the evidences of the senses.

X-pect what you desire.

Your mental attitude to-day determines your success to-morrow.

Zealous be in every cause; but not over-zealous.

A Birthday

“I keep no reckoning of the years
As they pass by;
Life's seasons, with their smiles and tears,
Unnumbered fly;
So whether twenty be the score—
Or twenties two—or three—or four—
Still young am I.”

One Hundred Years—And Then Some

Roughly speaking, the average length of a man's life is about thirty-three years. One quarter of the billion and a half people on the globe die before the age of six; one half before the age of sixteen, and only about one person in each one hundred lives to the age of sixty-five. But, in spite of the tremendous chances against the great human family, now and then one rises above the age of a centenarian, and, sometimes, passes into several decades of a second century.

It is not length of days or the matter of years that we should strive for, but to become "healthfully old"; in fact, such a ripe, vigorous and prolific age as may be seen in some fine old oak or elm which, having reached its maximum, retains it with scarcely a foreshadowing of decline for many scores of years. No, not length of days, merely, but immortal youth—an in-

definite prolongation of that period known as "middle life."

Here is this Western country we have what is known as a mesa—a flattened hill-top which becomes a wide-stretching plateau. The mesa in life's pilgrimage should be reached about the maximum of "middle life," and there we should remain for several decades, giving not the least sign of the advance of years.

What is the Maximum of Middle Life ?

I should say that the maximum of "middle-life"—of one in a normally healthful condition—is reached at about the age of seventy; just at the time when the majority of persons think that the sands of life have run their course.

This erroneous idea prevails as a misinterpretation of the scripture reference to "three-score and ten." Error, having once prevailed, dies hard. This error has become so thoroughly a racial belief that it is not uncommon for the minister, in his funeral sermon, to speak of the deceased as having lived on "borrowed time" if he has passed the supposed "limit" of three score and ten.

This belief, somewhat fatalistic, is akin to that of the Parsees (the adherents of the Zorastrian, or ancient Persian religion) who hold that a man has a certain number of breaths allotted to him, nor can he draw

another after this allotment has been exhausted.

I very much prefer the sentiment expressed by the late Oliver Wendell Holmes in the following lines :

“At sixty-two life has begun.
At seventy-three begins once more;
Fly swifter as thou near'st the sun,
And brighter shine at eighty-four.
At ninety-five
Should'st thou arrive,
Still wait on God and work and thrive.”

When you think of Auber composing his best operas at eighty-nine, and Manuel Garcia still an instructor of vocal culture at one hundred, and Whittier singing immortal songs at eighty-five, you are in contact with men who have lived and who knew “what it all amounts to.”

The Span of Life

The natural term of man's life, arguing from the logic and evidence of comparative zoology, is one hundred and forty years—and even this is not the limit. All animals in their natural state should, and usually do, live to an age equivalent to five times their period of growth. In this respect man is no exception. Scientists, as a rule, agree that man's growth does not cease at twenty, as is usually supposed, but at twenty-eight; hence the one hundred and forty years.

People live longer nowadays than they have in any other period of the world's history—Methuselah not excepted. The ages of those early characters were computed in lunar, not in solar years.

Age is, to a great extent, a matter of belief. You are as young or as old as you believe you are. The spirit of youth should be retained; for, by so doing, we pay little heed to the passing of the years. This method of reckoning years reminds me of

the "darkey" who, when asked his age, replied—"Rightfully speakin', I'se only 'bout forty-nine, but ef you count de yeahs by de fun I'se had, I reckon I mus' be most a hundred."

Life is a promissory note due one day after date, payable on demand, but by right living we can defer payment almost indefinitely.

I do not believe that anyone wishes to live forever—in the body; in fact, we begin to die as soon as we are born, and the end is linked to the beginning. But that is no reason why we should court death instead of life.

Eminent scienists tell us that—

The life of the bones is	5,000 years.
The life of the lungs is	1,500 years.
The life of the skin is	900 years.
The life of the liver is	400 years.
The life of the kidneys is	300 years.
The life of the heart is	300 years.

If 300 years is the life of the heart, then one could not have the heart to live after that.

The Hindus, in the development of the physical man, claim for him not only longevity but immunity from disease. They say of him—"He is determined not to fall sick—and he never does. He lives long—a hundred years is nothing to him; he is quite young and fresh when he is one hundred and fifty."

When one arrives at that milepost (150) in the condition named, there is no need and there should be no desire to quit, even then; however, we are not all so fortunate. It is the "staying power" that tells. There are certain physical qualities which have great weight in determining the struggle against a conspiring environment. An oak has one configuration and a cedar pine or a mullein stalk quite another. Every person carries about with him the physical indications of his longevity. "A long-lived person," says the Medical Record, "may be distinguished from a short-lived person at sight. In the vegetable as well as in the animal kingdom each life takes its characteristics from the life from which it sprang. Among these inherited characteristics we

find the capacity for continuing its life for a given length of time. This capacity for living we call the inherent or potential longevity. Under favorable conditions and environments the individual should live out the potential longevity. With unfavorable conditions this longevity may be greatly decreased, but with a favorable environment the longevity of the person, the family or the race may be increased. Thus we have the two leading considerations always present and always interdependent—the inherited potentiality and the reactionary influences of environment.

“The primary conditions of longevity are, that the heart, lungs and digestive organs should be large. If these organs are large the trunk will be long, and the limbs comparatively short. The person will appear tall in sitting and short in standing. The hand will have a long and somewhat heavy palm and short fingers.

“These are general points in distinction from those of short-lived tendencies but, of course, subject to the usual individual exceptions. The characteristics noted,

however, are expressions of inherent potentiality which have been proven on the basis of abundant statistical evidence. In the case of persons who have short-lived parentage on one side and long-lived on the other, the question becomes more involved. It is shown that in grafting and hybridizing nature makes a supreme effort to pass the period of the shorter longevity and extend the life to the greater longevity. It has been observed that the children of long-lived parents mature much later and are usually backward in their studies."

Right here, a word to mothers. Do not force the mental development of the child but cultivate the physical as a foundation upon which to build a more beautiful and lasting structure. As a rule a precocious child is short-lived. It takes a hundred years for an oak to develop; a cabbage-head about three months.

How to Reach the Hundred Mile Post

If you sit down to think "How swift the shuttle flies that weaves thy shroud," you will surely lose the race and fall by the wayside.

If you depend upon drugs or patent medicines to pull you through you will find yourself in the same predicament as the man who got to heaven ahead of time. He was met at the gate by St. Peter who asked him his name. St. Peter turned page after page of the record without finding it. At last, however, he came upon it.

"Why, man!" he exclaimed, "you are booked for 1920. What doctor did you have?"

Hygiene necessarily plays an important part in this matter of longevity, but astonishing exceptions are noted among centenarians who disregard it. For instance, one man who died at the age of 110 was drunk every night of his adult life; one Irish landholder who lived to be 120, or-

dered inscribed upon his tombstone that he was always drunk and when in that state was so terrible that death itself feared him.

Alcohol is not the only poison abused, however, with life prolonging itself in spite of it. One man who, in 1896, received a prize as centenarian, was an inveterate smoker until his death at the age of 102.

In 1897, a Finisterre woman who had smoked a pipe since her youth, died at the age of 104.

One Chereof, a Savoyard, lived more on coffee than anything else, drinking forty cups a day. He died at the early age of 114.

These cases are not cited as criterions for the youth of our land to emulate but as examples to be avoided. With the great majority of those who have passed the century mark, sobriety has been the rule; inebriety, the exception. It is safe to say that, as a rule, "the excesses of our youth are draughts upon our old age payable, with interest, about thirty years after date."

Some time, somewhere, somehow we must pay the penalty of every violation of Nature's laws. Remember, we are never punished for our physical sins but by them. If you sow wild oats you will reap such a harvest. If you sow to sin it will be useless to ask God to change the crop.

Physical education as distinguished from physical training is a strong factor in the prolongation of life. It aims to develop health and general efficiency rather than mere muscular strength; and is made to benefit the weak as well as the strong. It burns up the fat man's surplus tissue, and stimulates nutrition in the lean man.

Vitality is to the human being what horse-power is to an engine. Ascertain how many horse-power you are and then stop short of the limit.

Longevity depends upon the nerves; the nerves upon the condition and position of the spine; therefore a straight spine and a long life.

An Italian scientist, after years of experimentation, tells the world that "if a person sleeps thirty-six consecutive hours a

week; that is, goes to bed Saturday evening and arises Monday morning, having slept the whole time, he will store up an enormous amount of energy, and prolong his life fifty per cent." He maintains that "whereas rest procures only physical energy, sleep rests the brain as well as the body. Sleep is the greatest medicine and tonic in the world."

I would add to the foregoing the fact that we may also renew our youth and our faith in life by finding rest in recreation, but we should avoid any form of recreation that leaves us poorer mentally or spiritually, or injures anyone else, or absorbs too much of our time and energy.

Apropos to this thought, I quote from a speech of ex-President Taft's delivered at Benton Harbor, Mich.:

"In my father's time he thought, though a hard-working lawyer, that two weeks' vacation was ample time during the year, and when I came to the bar he suggested that if I stayed at home in the summer months, I would make a good deal more money than if I went away.

“But the American people have found that there is such a thing as exhausting the capital of one's health and constitution and that two or three months' vacation, after the hard and nervous strain to which one is subjected in the autumn and spring, is necessary.

“Mr Justice Strong of the Supreme Bench, who lived to be 88 or 89, told me it was a part of his life to take sixty days each year out in the woods away from the people, exercising and living in the open air, and to that he attributed his long life.”

Growing Old

By "Uncle Walt Mason" of Emporia, Kans.

Your eyes may fail and your limbs grow weak,
And the blood in your veins run cold;
Deep lines may furrow your sunken cheek,
And your heart, that was strong and bold,
May do its work with a feeble beat;
The road may weary your stumbling feet;
You may sigh for friends that you'll no more meet—
But that isn't growing old.

The years may number four score or more,
That over your head have rolled;
You may hear the wash on the other shore
Of the waves that are dark and cold;
While your brain is keen and your soul is strong,
And your heart is full of a hopeful song,
You are still one of the youthful throng,
And years will not make you old.

When your voice is harsh and your words are mean,
As you sit by the fire and scold,
And your mind is fat and your heart is lean,
And your thoughts are blue with mold;
When you bring to the breasts of the children fears,
And bring to the eyes of the women tears,
It is not needful to count your years—
We know you are growing old.

You should remain ever young while
"growing old"; in fact, no one grows old;
he merely becomes old who ceases to grow.

To be eternally youthful one must be eternally finding the new. "The soul of man does not age with years."

When you say to yourself, day after day, that you are growing old, you sow age-producing seeds in the subjective mind (the soul mind). In consequence of this you will reap old-age conditions more and more in every part of your system. Therefore, instead of saying "the older I get," say "the longer I live."

It is well to remember that "To every man you meet in this journey of life you owe a loyal consideration." Every thought and every act is reflex. "When you find a man that is down, give him a boost, the exercise will do you good." These are the little things that keep the heart young while you are passing the milestones. Say to yourself—"I pass through this world but once. Any good, therefore, that I can do, or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."

Don't worry, if you ever plan to be a cen-

tenarian. You'll never "get there" if you do. If you worry you are positively lacking in faith. Worry and faith are not good bedfellows. "It ain't no use," says Mrs. Wiggs, "puttin' up your umbrellar till it rains."

Accept the wise counsel of the Business Philosopher as expressed in the following lines:—

Don't fret when the world isn't smiling,
But roll up your sleeves and say:
I don't give a rap what Fate has on tap,
Things have just got to come my way.

And you'll find when you enter the battle,
Folks always salaam to the strong.
It's the fellow who sings, as he sails into things,
That the world helps along.

So brace up and face the music,
Get harmony out of the din—
You can if you will, but not standing still;
Get busy, and go in to win.

If you wish to reach the goal and be an example for others to emulate you should drive from your heart all envy, all hatred, all jealousy, all enmity, and in their place substitute love, charity, forgiveness. Hatred takes time and energy and health, and the dividends on the investment are

pitifully small and unsatisfactory. Condemnatory thoughts poison and devitalize; commendatory thoughts purify and vitalize.

The foregoing are some of the mental and spiritual requirements conducive to the prevention of old-age conditions while making for the hundred-milepost—and then some.

Let us now look, briefly, at some of the most essential physical needs:—

First. Correct position of the body when standing and sitting, and correct carriage of the body when walking. Keep an active chest. When the chest is down (passive) you are negative; hence easily influenced. When the chest is up (active) you are positive and alert. In other words always keep the back of your neck against your collar.

Second. Special exercise conducive to longevity. As the waist muscles are the first to give way in old age, in consequence of non-use, thus causing the body to become either bent or rigid, I would especially recommend my three pet exercises—

bowing, side bending, and liver squeezer—as given in my “Twenty-Minute Exercises.” These are of such a nature that they may be taken daily, with advantage, until long after the hundred-milepost has been passed. All physical exercises are the more effective in proportion to the pleasure derived therefrom; a man’s health is not much benefited by walking the floor all night with the baby.

Third. Eat to Live; not live to eat. As a rule, eat but two meals a day—preferably a light, easily digested breakfast; no luncheon, a hearty six-o’clock dinner.

Masticate your food thoroughly but not excessively—as by Fletcherizing; nor by counting—as by Gladstone, but get the habit of mixing all solids and liquids with the saliva before swallowing, and then reducing all solids to a creamy consistency.

Be cheerful at your meals. A sour countenance will give you a sour stomach. Fear nothing that you eat. If you fear it, do not eat it; if you eat it, do not fear it. Do not pain your stomach for an hour just to tickle your palate for a minute.

No one rule of diet can be prescribed with equal effect for everyone. We should each of us be a law unto ourselves provided we understand the law. Whether your foods comes from the animal or from the vegetable kingdom, or both, one rule holds good,—the body requires the three essential elements: viz.: the proteids (flesh formers); the fats (heat foods); the carbohydrates (the work foods).

Choose wisely, according to your needs, but remember that no man can have health who eats too much; no man can have health who eats too often; no man can have health who eats too many kinds of foods at one meal; no man can have health who eats while hurried, anxious or excited; no man can have health who rises late in the morning, gulps down a hearty breakfast and then sprints for the car.

Fourth. Bathe daily. Because I take a cold water bath not fewer than 365 days a year is no reason why you should. If you have not sufficient vitality for a strong reaction you have not vitality enough to warrant you taking a cold-water bath. How

are you to know? By this: If you are chilly when leaving the bath and are obliged to exercise or to take a brisk rub-down in order to get warm; if your body is not all aglow, then you would better take a warm or tepid bath, instead, and finish with a dash of cold water.

Almost anyone of any age can take a cold-water tub-bath by running in warm water, ankle deep, before entering the bath, then, as you step into the bath tub, run in the cold water, and as it comes from the faucet, bathe face, head, arms, neck, chest, abdomen, legs (the feet being warm will prevent your chilling); then, as the water in the tub becomes less warm, sit in the tub and throw the water over chest, shoulders and back; then lie down in the tub (during all this time the cold water is running in) then sit, stand, step out, but in so doing place one foot, for a moment, under the stream of cold water, then the same with the other foot. You should immediately feel the warmth in the feet as you step on the mat. Rub the body gently—not vigorously. Rub the body briskly

(using soap) when in the bath. This is a cleansing bath as distinguished from the mere tonic effect of the plunge. Do not dress immediately, but give the body an air or sun bath, or both, before dressing—and many years shall be added unto you.

Do not delude yourself with the false belief that a cold-water bath will give you rheumatism—never; nor do wet feet or wet hands when sprinkling the lawn; nor does damp or rainy weather. No, these things only aggravate the condition that already exists. You got that rheumatism at the table. Honest. That's where you got that cold and that catarrh and that hay-fever. If you do not overeat you can live in any climate in the world; can sit in a draught, go out in the rain, breathe the night air, smell the ragweed and look the microbe squarely in the face without fear.

Fifth. Drink a plentiful supply of water. If you have passed what is usually termed "middle-age," drink distilled water or, better still, buttermilk.

Raw water is an aquarium.

Boiled water is a graveyard.

Mineral water is rheumatism and premature old age.

Filtered water (clarified, but not purified) is a gay deceiver.

Distilled water is purity.

In the observance of the foregoing rule regarding distilled water or buttermilk, you will be able to keep the veins and arteries supple and free-running, to prevent calcareous deposits in the joints, to prevent the stiffening and narrowing of the blood-vessels, and thus postpone the period of senile decay anywhere from ten to twenty years.

Start your day by drinking two glasses of cold water—not hot. Hot water before breakfast will ruin the stomach. Hot water soothes but is enervating; cold water prods and is innervating. These stomach scalders lack a tenable basis of litigation. A young man was told by his family doctor to drink hot water an hour before breakfast. He said he did his best but couldn't keep it up more than ten minutes at a stretch.

I would especially recommend the drink-

ing of coffee by those advanced in years; but it should be black coffee—that is, no cream, also no sugar if you are troubled with acidity of the stomach. The coffee should be strong. Weak coffee is a ferment, causing “sour stomach”; strong coffee is antiseptic. “Coffee made by percolation, and tea drawn with boiling water, if used temperately, are true foods,” says Dr. John D. Quackenbos. They retard tissue-waste, appease hunger, revive energy, and so neutralize the effects of wear and strain. But boiled coffee, and tea steeped by the hour are poisons. In so doing they contain not only the alkaloids caffeine and theine with nutritious vegetable albumens, but tannin and other secondary extracts which interfere with digestion and impede the general rapid interchange of tissue that constitutes health.

It is excessive use or improperly prepared fusion that causes the palpitation, vertigo, insomnia, general nervousness, hysteria, disordered digestion, etc. These, however, are symptoms of tea and coffee poisoning, not of tea and coffee drinking.

Then bear in mind that tea and coffee drinkers are not necessarily tea and coffee drunkards.

A cup of black coffee after dinner prevents unnatural fermentations and allows digestion to proceed. Weak coffee frequently upsets the digestion of the entire meal.

Sixth. Breathe deeply. When God made man the finishing touch was the "breath of life." When man shuffles off this mortal coil, the last thing he gives up—reluctantly, too—is breath, hence breathing is paramount.

Instead of taking so-called "breathing exercises"—forced breathing—get out and walk briskly, so briskly as to compel deep breathing—increased breathing. Forced breathing defeats the very object one should wish to attain; for without increased circulation of the blood, the over-distended air-cells occlude the blood-vessels and force the blood back so that the oxygen cannot reach it and the imprisoned gas cannot escape. This causes the dizziness which results from forced respiration.

The desired end is obtained when both the air and the blood circulate freely in the lungs.

Keep the mouth closed. Always breathe through the nostrils. Throughout the animal creation, from the mouse, which breathes one hundred and fifty times a minute, to the elephant, which breathes only six time a minute, one rule holds good—the larger and stronger the animal the more slowly and deeply it breathes.

All breathing should be diaphragmatic, not clavicular. Deep, full breathing of pure moving air is the best tonic and blood-purifier in the world, costing nothing but effort—pleasurable effort.

Get out into God's glorious sunlight, shake off the fetters of disease, stand and walk with your head up in the air (upright physically as well as morally), throw out your chest, give ample room to all your vital organs; then breathe, breathe, breathe, and if you do not then breathe a prayer of thankfulness to the "Source of All Good," you are neither fit to live nor fit to die.

Seventh. Underwear. Just a word. If you wish to live long "in the land which the Lord thy God hath given thee," discard woolen underwear, no matter in what part of the world you live. Woolen underwear and cleanliness are not compatible. When woolen is worn next to the skin it causes the skin to become tender and sensitive—even to supersensitiveness, thus making the wearer more subject to atmospheric changes. When the human cuticle is subjected to a surplus of moisture it loses its vitality and its normal functions, and diseases result. All underclothing should permit of free transpiration from the skin; this, the wool will not do. The woolen underwear theory is fast dying out—so are those who wear it. A false theory may be adopted and followed and even obtain for years, yet the theory may be wholly at variance with facts. Meshed linen is the ideal underwear for any climate.

Eighth. Sleep. The longer you live the more sleep you should take if you wish to live longer. It is necessary to recuperate

the forces. We are inclined to poke fun at the "old folks" who "go to bed with the chickens," but they may live to turn the tables on us. The first sleep is soundest. After that the intensity of sleep slowly diminishes. Temperature and vitality are lowest about two o'clock A.M.; so that two hours' sleep before midnight are worth four hours afterward.

Always have the feet warm when you retire, as slumber commences at the extremities. Court sleep by "letting go"—mentally and physically. Don't try to hold the bed up, but let it hold you up. Put all your cares on the chair with your clothing. Shut your peepers. Shut your mouth. Lock up your think-box, put the key under your pillow and do not touch it until morning. There is an old health-maxim which says:

Eat when hungry;
Drink when thirsty;
Lie straight in bed.

Methinks there is much efficacy in regard to the correct position. Do not lie

on your back when going to sleep. By so doing the circulation is impeded, owing to the weight of the viscera on the great aorta artery. Observe this caution if you have heart, stomach, liver, intestinal, uterus or bladder trouble. 'Twere better to lie on your liver; then just a little further over will bring you almost face downward—a sure cure for snoring.

“Laugh and the world laughs with you,”
Snore and you sleep alone.

Ninth. Color. I especially refer to the color of clothing in its effect on the human body when exposed to the rays of the sun. To understand and properly apply this beneficent agent is a great factor in making for longevity.

Black clothing, black hats, black shoes should, as a rule, be discarded for summer wear. It is an indisputable fact that black transmits the heat but absorbs the light; white, on the contrary, reflects the heat but transmits the light. It is the light of the solar rays that the human body needs. Danger and destruction lurk in the intense heat of the sun, but in the light thereof

there is health and prolongation of life. Every ray of light bears three forms of energy—heat, light and chemical action; each of these can be separated from the two others.

Just a word of caution also in regard to the tinting of your rooms and the color of the lamp-shades; each color has its effect upon the mind, reaching and affecting the brain through the nerves of the eye. Excess of purple brings on melancholia and suicidal mania; excess of scarlet, homicidal mania; excess of yellow, chronic hysteria; excess of white destroys the optic nerve and the sight goes out like a candle; excess of blue excites the imagination and wrecks the nerves by reaction; green is the king of colors and no amount of it can do you harm. Avoid all excesses.

Tenth. Insulation. The proper insulation of the body is one of the secrets of never "growing old." It is one thing to generate force, quite another to conserve it.

What is this force? Science says, "That which we call vitality, or life, is, in its physical sense, electricity."

How do we generate it? Science says, "It is taken into the system from the air and the sunshine, and is generated in the digestive organs by the chemical action of food and drink."

Why should we conserve it? Science says, "All electrified bodies tend to part with their magnetism to the earth; the human body being no exception."

How can we conserve it? By the proper insulation of the body.

What is the proper insulation? The placing of a non-conducting substance between the soles of the feet and the earth. The feet, through their network of nerves, are always communicating with the earth, even indoors, when one is active.

How is this done? By the wearing of silk hose or rubber-soled shoes or shoes with inner soles (not insoles) of rubber—or ground rubber and cork. This substance is placed in some makes of shoe when the shoe is made.

A wayfaring man, though a fool, can readily see what a storage battery of human electricity we may be when we con-

form to the law by utilizing the forces without, by transforming them to force within, and then husbanding those forces by insulation.

The four chimneys. I refer to the four eliminating, or depurating agents—the lungs, kidneys, bowels, skin. These should be active—normally active (not made so by the vicious habit of drugging) if you wish to have health and long life. When the organs of a man's body refuse, from any cause, to do their work, nature did not intend that he should force them to action with drugs, but that he should restore them to normal condition by right living and by strength obtained from proper foods.

It is not enough that you should reach the hundred-milepost, but you should reach it in good condition. You should begin your second century much stronger than you began the first one.

Then keep the lungs active by deep, full breathing of good, pure air; the kidneys, by sufficient water drinking and eating of fruit and vegetables; the bowels, by

drinking a sufficient amount of water to aid the liver in the production of sufficient bile—the natural purgative of the body; the skin, by a plentiful supply of water outside (daily bathing) and inside (drinking).

The Rev. Lyman Beecher, in a parting word to a graduating class of a theological seminary, said: "Trust in God and keep your bowels open."

The Rev. Henry Ward Beecher said: "A man with a bad liver can't be a good Christian."

It will readily be seen that both of these noted divines fully realized the value of physical health.

Fasting, as an aid to longevity. There is no doubt of the efficacy of an occasional fast, which is no more nor less than a general house-cleaning and a laying off for repairs.

Dr. Thomas J. Allen, an able authority on this subject, says: "Not everybody should fast. It should have the same competent direction as any other treatment. It may do harm. It does not pay for

everybody to experiment upon himself. Health is too valuable. It is not necessary to find out twice, by the same experiment, whether or not a gun is loaded."

Gray hair and "old age." Gray hair is a proper accompaniment for one approaching what is usually termed "old age." The "good book" tells us that "gray hair is a crown of glory." So don't worry about it; don't try to improve upon nature. This phase of the subject is very ably handled by Miss Sydney Ford in the Los Angeles Times of recent date: "Is your hair gray or turning gray? It is one of the wisest provisions of nature that, as the features lose their youthfulness and the face shows sharp outlines, the hair keeps pace, as it were, with changed conditions and, as it turns gray, softens the facial outlines and form a frame that fits the face."

Longevity. Dr. W. R. C. Latson, the well-known editor of Health Culture, says: "Reduce to the lowest terms the conditions of long life are two—a clean body and a calm mind. To gain the former, one must eat lightly of simple food, must drink much

pure water, and see to it that the poison-removing organs—skin, lungs, bowels and kidneys—perform their full duty.

“Calmness of mind is essential because all excitement, particularly unpleasant excitement—anxiety, worry, anger, and so on—all such states reach the vital organs, disturbing their action, thus depleting vitality and curtailing the life span.”

An "Old" (?) Man

In the news columns of an esteemed contemporary yesterday a man of 60 was persistently and with malice prepense called "old man." In a neighboring column a person of "over 65" was described as "aged." It may be said that these are the insolences of juvenile reporters, who are to be pardoned since youth is a condition which will not endure. Are these misjudgments not rather instances, and therefore to be mentioned in reproof of error, of a lingering ancient misconception of the proper limit of old age?

In the spirited days of the race, to the end of the Middle Ages and long beyond, what with hard fighting, harder drinking, incredible insanitation, a medical practice often as wise as that of darkest witchcraft-ridden Africa, it was difficult to live; and men were regarded as old who in this improved time would be called mere boys. In these happier days the metes and bounds of a no longer morose but a cheer-

ful and golf-enlivened age, must be set and have been set much further forward. Nobody who cares to be either accurate or polite will call anybody under 100 "old." A man of 60 or 65 is on the last stretch of youth or in the vestibule of middle age; no more. Infants in the twenties, children in the thirties, striplings in the forties, younglings in the fifties, please observe and preserve.—New York Sun.

Would You Live to Ripe Old Age?

Would you live to ripe old age? Or would you prefer the green variety? Prof. G. F. Butler, of Chicago, in a lecture gave these hints for attaining the first:

After 40, eat less and eliminate more. Drink more pure water and keep the peristaltic wave of prosperity constantly moving down the alimentary canal.

Many people suffer from too much business and not enough health. When such is the case they had better cut out business and society for a time, and come down to mush and milk and first principles.

Don't be foolish. Eat less and play more. Indulge in less fret and fume and more fruit and fun.

There are people too indolent to be healthy; literally, too lazy to live.

Work your brains and keep in touch with people. Do something for others and forget yourselves.

There are some people who live as a cucumber in a garden. They cling to their own vine and serve no higher end than rotundity and relish. There are others who live as a summer breeze lives in a meadow; they find out all hidden flowers and set the perfumes flying. There are others who live as in a sea shell; their existence is but a sigh. Others live as the fire in the diamond; they are all sparkle. There are others who live as the blind mole in the soil. They outnumber all the rest. They see nothing, feel nothing, know nothing to all eternity.

There is nothing so insane and detrimental to mind and health as the conversation of people on their aches, and pains, and troubles. The froth of whipped eggs is a tonic compared to it.

All our appetites are conditional. Enjoyment depends upon the scarcity.

A worker in any field, whose age is near either the shady or sunny side of 50, should consider himself in his prime, good for another half century of temperate, judicious work.

Let grandma wear bright ribbons and gaudy gowns if the colors become her, and let grandpa be as dudish as he pleases with flashy neckties and cheerful garb. Both will be younger for it, and, besides, it is in harmony with nature.

Gray hair is honorable; that which is dyed is an abomination before the Lord.

Cultivate thankfulness and cheerfulness. An ounce of good cheer is worth a ton of melancholy.

The Land of Long Life

Give a man a sound body and a sane mind and he will naturally desire to live to be as old as Methuselah. With a body that does not ache and a brain that does not bump the bumps he can overcome the human griefs that assail all mankind and look upon the everyday trials of life with a calm philosophy.

California is the Land of Long Life. Men come here when old and they grow young again. It is here that the veterans of the Civil War flock the thickest and step the liveliest when the fife and drum corps call them to turn out for a parade. It is here that families that had stopped growing in former eastern homes start all over again.

The condition that assures long life is that which has always at hand a way to make a man well when he becomes ill. Medicines and drugs are to be had everywhere, but the best physicians now depend more on natural cures than on artificial

remedies for their patients. For pulmonary troubles the desert is recommended, for other diseases or physical afflictions the mountains and the sea are prescribed. But almost everywhere except in California one or the other of these avenues of escape from suffering are out of reach of the average person.

Here, however, in our land blessed of God in so many ways, all nature's blessings are easily obtainable. California stretches between the desert and the sea; the mountains are within easy call, curative hot springs are everywhere, the climate is such that the days and nights can be lived in the open. We are indeed so situated that when we are well we keep well because we live naturally.

Steamers ply between Portland and San Pedro. Wherefore, if it be that the doctor advises a sea voyage for your health, you have but to go down to the sun-kissed port of San Pedro, board one of the comfortable steamers, go with it up the golden coast of glory in the trail of Cabrillo, Viscanio and Juan de Fuca to Portland and

back again—a sea journey of nearly 3,000 miles. And when you have returned you may say that you have hardly been away from home. Yet you have your sea voyage, just the same.

A night journey from Los Angeles and you awake in the desert; an hour's journey by trolley and you are in the bosom of the Mother Mountains. In the Land of Long Life blessings are so near that you have but to reach out your hand and grasp them.

Some California Centenarians

Capt. Edwin Bailey, born March 7, 1810, at Sumerseshire, England, on the banks of the Avon. Although passed the 100th milestone, he had his own teeth, his intellect was good, hearing good, but eyesight poor. Yet he read a great deal, and was able to go around and over the grounds. Previously to an attack of erysipelas he was very vigorous, able to go where he pleased, and talked of a visit to Honolulu.

William C. Reed was an inmate of the Home at Sawtelle, Cal., when he passed the 100th milestone. Mr. Reed was born January, 1810, at Vicksburg, Miss. His physical condition was very good at that age. He was active and his mind bright and clear. He went away on a furlough much of the time.

Mrs. Lydia Heald Sharpless, of Whittier, Cal., celebrated her 100th birthday anniversary. About fifty of her descendants gathered in the park and gave a din-

ner in her honor. The large birthday cake bore one hundred candles. Her father was a civil engineer, lived to be 101 years old, and did some surveying after having passed the 100-milepost. Mrs. Sharpless walked up and down stairs alone, went to church every Sunday morning and, aside from the fact that her hearing was slightly impaired, she had all her faculties and perfect health.

Mrs. Elizabeth Gardner Foord, who has been a resident of this city (Los Angeles) since 1874, celebrated her 100th birthday anniversary. She was a fine example of the high type of character which has made New England the intellectual center of the country and the birthplace of the men and women who have largely laid the foundations of our western progressiveness and accomplishment. An accident had rendered Mrs. Foord an invalid for a number of years, and she was confined to her room and her chair, but still enjoyed the calls of friends, which would break the monotony of the day. She could read without glasses.

Mrs. Rebecca Buffum Spring, of Los Angeles, was born in Providence, R. I., June 8, 1811. Her intellect was keen, with a mind well stored not only with the proverbial old-age memories but the down-to-date events, as well; her sight and hearing remarkably good; her figure somewhat bent, but she moved about without assistance from individual or cane; her physical condition excellent, being wholly free from bodily pain. This, she said, was due to living the simple life, never missing her daily cold-water bath, and occasionally working in the garden. Mrs. Spring, while not a vegetarian, used good sense and sound judgment in her selection of foods. Her memory was remarkable; she repeated poetry learned after her ninetieth birthday.

Madame C. M. S. Severance, of Los Angeles, was born in Canandaigua, New York, January 12, 1820. Although she has not completed her one-hundred-mile pilgrimage, she has accomplished so much more than the intellectual woman of her day that she deserves to be numbered

among the centenarians. Madame Severance is well and favorably known, and universally loved by all who have come in touch with her attractive personality. She is known far and wide as "The Mother of Clubs," having been the founder and first president of the first woman's club in this country — the New England Woman's Club of Boston (1868). When you think of this tremendous mental and social force in the world of women having its rise, so to speak, in the mind and heart of Madame Severance, you can then form a somewhat fair mental picture of this noble woman.

Capt. Diamond, of San Francisco, is undoubtedly the oldest person in California. It was my pleasure to have been with him on his 107th birthday anniversary—that was some seven years ago—and he is still "alive and kicking." By his walk and talk and general appearance he would impress one that he had just passed his three-score and ten; yes, passed it as all men should pass it — with youthful spirits and an active, vigorous, healthful mentality.

Where Do People Live the Longest?

Figures do not lie—except in election returns. A German statistician has made a careful investigation quite recently to discover in which countries the greatest age is attained.

The German Empire, with its 55,000,000 population, has 78 persons who are more than 100 years old.

France, with a population of fewer than 40,000,000, has 213 who have passed the 100-milepost.

Spain, with about 18,000,000 population, has 410 who are over 100 years old.

England has 146; Scotland 46; Sweden 10; Belgium 5; Denmark 2; Switzerland does not boast a single centenarian; while Norway, with its 2,300,000 inhabitants, has 23.

The British Registrar General's returns show that in 1891 there were twenty-one persons living in London of 100 years each.

Haller, a famous statistician, collected

the figures on this subject for all England a few years ago and within its boundaries he found authentic records of

1,000 persons who had lived from 100 to 110 years.

80 persons who had lived from 110 to 120 years.

29 persons who had lived from 120 to 130 years.

15 persons who had lived from 130 to 140 years.

6 persons who had lived from 140 to 150 years.

1 person who had actually celebrated the 169th anniversary of his birth.

Surely the foregoing record is encouraging to those of us who purpose passing the hundred-milepost with a hop, skip and a jump.

Let us take a momentary glance at our own country. The census of 1890 disclosed the fact that nearly 4,000 persons were living in the United States each of whom was more than 100 years old.

In Massachusetts alone, in the ten years ending with 1890, there were reported the

deaths of two hundred and three persons who had each lived more than 100 years. This is a very high average, being one centenarian to every nineteen hundred inhabitants.

Iowa reported five hundred persons living in the same year at ages above 90, and twenty-one persons who had passed the century mark.

The most amazing figures, however, come from the Balkan peninsula, as follows:

Servia has 573 persons over 100 years old.

Roumania has 1,084 persons over 100 years old.

Bulgaria has 3,883 persons over 100 years old.

Thus it will be seen that Bulgaria holds the international record for longevity, having a centenarian for every one hundred of its inhabitants. This unusual proportion is accounted for by the fact that these Bulgarian mountaineers are notable for their custom of consuming large quantities of sour milk. Scientists have con-

cluded that there is a logical connection between the two facts.

Dr. Elie Metchnikoff, the famous Russian author of the theory of Phagocytosis, has observed that the germ which is used to curdle the milk in Bulgaria is a larger and more powerful germ than our ordinary microbe of sour milk. This germ has the effect of stimulating other germs in the body which make for health and long life. The white corpuscles of the blood, or leucocytes—which Dr. Metchnikoff terms phagocytes (cells which devour) are nothing more or less than the defensive army of the corporeal system.

Against cold, heat and famine the white corpuscles are powerless, but they intervene for the protection of the organism in the case of a wound or against the ravages of disease. They especially struggle against the microbes of putrefaction.

Prof. Metchnikoff holds that through the use of this germ—*Bulgaricus Bacillus*—that we can arm the body, for a great length of time, against old age itself. He believes that man does not now live the

natural span of life, but that the score of years—say from 50 to 70—covering the period of “middle age” will, at no distant date, be extended three or four-score years more—thus bringing it to 140 or 150 years.

This germ—*Bulgaricus Bacillus*—is now being extensively introduced in this country under the name of *Yoghurt*. A friend of mine, when under the care of Dr. Kellogg of Battle Creek, Mich., was the first person in the United States for whom it was ordered.

Thus we see the fallacy of counting three score and ten as the limit of life when, in fact, it is only the half-way house along the trail.

Some Remarkable Cases of Longevity. Interesting and Inspiring.

“Old age” is the period where one finds a good many conflicting opinions, but the evidence appears to be in favor of regular exercise and plenty of it, especially if one has been active in early and middle life.

A man in Holland was 70 years of age when he won a well-contested skating race.

A man in France, when past 70 years of age, came in ninth in a 350-mile foot-race.

Augustus Widder, of Montello, Mass., when 91 years of age took a daily walk of five or six miles, no matter what the weather would be. He said, “If young men would walk more and smoke fewer cigarettes there would be a less number of puny, weak men on our streets.”

William O. Clark, of New York, at 93 claimed to be the oldest member of the

G. A. R. and the only living veteran of the Black Hawk war. For his age he is robust and hearty and as straight as a ramrod. He walked from a town in Missouri to Brookfield, Conn., to receive money left to him by his mother.

William Redmond, of Tuckahoe, N. Y., when 100 years of age took a walk of a mile and a half across the new Queensboro bridge, between Long Island City and Manhattan.

Mrs. Hepea Cottle, wife of Frank Cottle, of San Francisco, died in New York City at the age of 101. She celebrated her 100th birthday anniversary by taking her first automobile ride. She forthwith became an enthusiast, and a week later motored to Boston and back. Born in Massachusetts, Mrs. Cottle went to California in 1852 and remained until the earthquake in San Francisco, 1906. Her home being burned, she went to New York City and remained until her death.

Francisco Jose, a native of Braga, although 118 years of age, was hale and

hearty. He carried on two trades—cobbler and miller—and would go shooting in his leisure time. He never had the slightest indisposition, his eyesight excellent, and his limbs as active as those of a man of thirty years of age.

Joshua Zeitlein, of Brooklyn, N. Y., celebrated his 105th birthday anniversary. He has one son 75 years old, and his youngest “boy” is 45 years old.

John Kipp, of Washington, N. J., celebrated his 103d birthday anniversary, still active in body and mind. He attributed his long life to the fact that he had eaten little meat, used tobacco and intoxicants sparingly, but has consumed a quantity of peppermint candy at every meal from his early childhood. To this last item he lays special stress as to the cause of his longevity.

William M. Evarts, who died at about 90 years of age, claimed that he kept his health by never taking exercise. Had he taken regular and judicious exercise he might have passed the hundred-milepost.

Dr. Wm. Geo. Mead spent nearly all of his time in the open air, drank two or three quarts of water a day, occasionally played golf, and lived to look back over 148 years of more or less active life. Air and water are two of the great life-essentials.

“Old DuBois,” as he was known, lived in Canada on the north shore of Lake Erie, the major part of 119 years. He never worked and never took exercise, but he spent seventy-five years of his life fishing with hook and line. (That would be called exercise by the majority of us.) He ate nothing but baked apples, milk, brown bread and unsalted butter.

Mrs. Dinah E. Sprague, of Chicago, welcomed her relatives and friends to her 101st birthday reception. “My life has been a long one,” she said, “but I should like to live all the years over again. My recipe for long life is to live sensibly. I have always dressed warm in winter and cool in summer, despite the dictates of the fads. I was reared on a farm, always had plenty to eat, and never missed a meal. I

never used tea or coffee until late in life and then sparingly."

Senator Pettus, of Alabama, was strolling along Pennsylvania Avenue one winter's day when he saw an apparently old lady floundering about in the snow after having alighted from a street car. The senator gallantly escorted her to the sidewalk, whereupon she thanked him and said: "I hope, sir, that when you are as old as I am, you will find those who are willing to assist you when in trouble." "Thank you, madam," said the senator, "I hope so, too. But how old are you, may I ask?" Came the tremulous reply: "Sixty-four, sir." The senator lifted his hat and said: "Ah! I am eighty-two."

This is a very good illustration of the fact that one is only as old as he feels.

Mrs. Abraham Harpin, of Worcester, Mass., reached the age of 105 years in the possession of all of her faculties and, at times, aided her daughters in the household duties. She had a splendid memory. Hard work, plain living, regular sleep,

early rising and true piety are the reasons to which she attributed her long life.

Alexander Herriott, of Yonkers, N. Y., when 107 years old did not appear more than 75 or 80. At this age he appeared in court to ask the judge to prevent his daughter depriving him of the privilege of continuing to take care of his own property. In early life he was a sailor, and saw Napoleon during a visit to St. Helena.

Mr. Henry Dorman, of Barton County, Missouri, lived well past the 100th milestone. He was born in Steuben County, New York, January 10, 1799. When he was 100 years old he celebrated the event by slipping away from his friends and walking to the home of his son, a distance of twenty-five miles. He served in the Seventh Michigan Cavalry during the Civil War, although long past the age limit. At 112 he was the oldest man on the pension list. By a special act of Congress he drew \$50 a month for two years; previously to that time he received but \$17 a month. At that ripe age he was sufficiently active

to be "out in the lot choring around." On one occasion his rheumatism prevented him from going sixteen miles, to Pittsburg, Kans., to see an airship. This, he said, caused him more sadness than anything in the past few years. "I suppose," said he, "that my time will come soon, but I hope I can stay on my feet until the end comes. Age does not hurt; it is feebleness that makes existence a burden."

Mrs. Margaret Van Rensselaer, of Saratoga, N. Y., celebrated her 102d birthday anniversary. Her father was 110 years old when he died, and her mother was 99 years. Said Mrs. Van Rensselaer: "I never thought I could live so long. I was born in Montreal, Canada, and when a little girl I remember going barefooted over the snow-covered ground. I guess that's what makes me so tough now."

Prof. Luther O. Emerson, of Hyde Park, Mass., who wrote the music to William Cullen Bryant's "We Are Coming, Father Abraham," in his 91st year declared that he expects to live at least thirty more years.

Richard Cooper, of Norfolk, Va., enjoyed health at the age of 110. His birth, in Norfolk County, in October, 1800, has been clearly established. Up to 108 he worked regularly as an oysterman.

A noted Rabbi of New York City, having been bereft of his third wife, and believing "it is not good for man to be alone," married his housekeeper—a mere slip of a girl, only 71 years young. The Rabbi was a youth of 106 years.

Mrs. Elizabeth Wonderly, of Philadelphia, passed the 107th milestone on her life's journey. Her father, who was a soldier in the Revolution, lived to the age of 99, and her grandfather was 105 when he died.

Mrs. Christian Fisher, of Steubenville, Ohio, was one of the most interesting characters living in Jefferson County. In 1897, although at that time 101 years of age, she became a registered voter and cast her first ballot for the election of a member of the Board of Education. At the colonial tea given by the ladies of Steubenville,

May 6th, 7th and 8th, for the benefit of the Centennial celebration fund, Mrs. Fisher was present and aided in making the affair a success financially.

Dr. John B. Rich, of New York City, died August 12th. Had he lived until next March he would have reached the 100th milestone. He was a remarkable man in many ways. He was known as the "Father of Dentistry," having organized "The American Dental Association" in 1836; he conducted a gymnasium for women—the first in New York City; he was president of the Hundred-Year Club and also the Health Culture Club. The last years of his life were devoted to the teaching of physical culture and right living. He was so hale and hearty at ninety that he remarked: "I haven't felt the approach of old age and I don't expect to for some years to come. Ninety is only the youth of old age." Even when death came there were none of the signs of senility, feebleness or decrepitude.

William Boyd, of Stevenson, Md., 96

years of age, ambitious to become a centenarian, and evidently believing that married folk live longer than single, was married September 11th to a Miss Eliza Daniel—a young lady of only 55 summers. Mr. Boyd, the youthful aspirant, took a train to Towson, where he procured, as he supposed, his marriage license. When he returned to his home he discovered that he had been given a gunner's license. He was in a dilemma. He was ten miles from Towson, and the last train for the day had gone. Postpone the marriage? No, indeed! "Faint heart ne'er won fair lady." This young man of 96 walked the twenty miles to and from Towson, procured the little piece of paper—the like of which has caused more of happiness or misery than anything else in the world—and appeared to be none the worse for the tramp. May he live out the full hundred years and—then—some.

Solomon Levy, of Brooklyn, N. Y., celebrated his 108 years of active life by tumbling thirty feet out of a window with no injury except—to his dignity. In the

midst of a peaceful sleep he walked out of his bedroom window, struck a ledge ten feet below, then rolled to the ground, an additional twenty feet.

Mendel Diamond, of New York City, on his 109th birthday anniversary had a party in his honor. The remarkable part of the celebration was the fact that the aggregate ages of Mr. Diamond and his six invited guests was 721 years. Mr. Diamond escorted to the table Mrs. Esther Davis, who blushed at the mention of her 117 summers. There were also present Malke Bernstein, 106 years old; Mrs. Rachel Marcus, 102; Mrs. Rose Arnwald, 107; Mischla Schalchetsky, 100; Isaac Goldsmith, the youth of the feast, only 80. The reception was given at the Home of the Daughters of Jacob, a retreat for aged Hebrews. Mr. Diamond told with great clearness and intensity of interest the story of how he, a lad of thirteen, saw Napoleon Bonaparte lead the remnant of his defeated army from the battlefield of Waterloo. These aged Hebrews are approaching, in the matter of longevity, that

of the great law-giver of their nation. "And Moses was a hundred and twenty years old when he died; his eye was not dim, nor his natural forces abated."

Francisco Esper, of Florence, Colo., 110 years of age, and Rafaela, his wife, 106 years, traveled side by side for ninety years. Think of that for a record of wedded life. This aged pair were married in the ancient city of Santa Fé, N. M., in 1820. They lived with their great-granddaughter, who cared for them. Their only son died some years ago. Their physical condition was remarkably good at that age.

Rev. Sedgwick W. Bidwell, of Middlebury, Vt., on December 6, 1909, celebrated his 100th birthday anniversary by preaching to a crowded house. Of this occasion he speaks very enthusiastically: "My voice was strong and clear and I felt as vigorous as I did seventy-six years before when I preached my first sermon. During all these years I have been an active public preacher of the Gospel. Throughout

Vermont I have preached in ten towns and have, in these seventy-six years, held six different pastorates. I shall continue preaching until my dying day, and I expect to live years to come." This reverend centenarian is of the Methodist faith.

Mrs. Ella Marks, of New York, celebrated her 114th birthday anniversary. Her neighbors gave her a huge birthday cake on that auspicious occasion; a cake decorated with one hundred and fourteen stars. She could see very well and hear well. She and her husband came to New York from Poland about thirty years ago. He was a Rabbi, and she a "sham-atose" — one of those who prepare the dead for burial with the elaborate ritual of the pious Hebrews of New York's Ghetto.

Joseph Crele died at Caledonia, Wis., January 27, 1866, at the age of 141 years. He was born in Detroit, Mich., in 1725, and the record of his baptism is shown in the French Catholic church of that city. He was born when the town was a little

more than a trading-post on the frontier of the great Northwest, seven years before the birth of George Washington, the Father of his Country—and died the year after Abraham Lincoln—the Savior of his Country—was assassinated.

John Weeks, of New London, Conn., in 1798, died after passing the 114th milestone. He married his tenth wife—a girl of sixteen, at the age of 106. Before he died his gray hair fell out and a crop of black hair appeared; also several new teeth. A few hours before his death he dined on three pounds of pork, two pounds of bread and a pint of wine. After that he was gathered unto his fathers.

Nancy Butts Kennedy, of Augusta, Maine, died at the ripe age of 118 years.

Noah Raby, of the Piscataway Poor Farm in New Jersey, claimed, just before his death (1902) that he was 129 years old. He attributed his long life to the fact that he had always lived in the open air.

Mrs. L. E. Killcrease, of Pine Hills, Texas, in 1910, was the oldest woman in

the United States. She celebrated the 134th anniversary of her birth the 16th of June. The old family Bible testifies to the fact that she was born in Salem, Mass., June 16, 1776. Her daughter was nearly 100 years old, and her granddaughter nearly 80.

Gabriel, the famous Mission Indian, was 151 years old when he died in Salinas, Cal., in 1890.

I shall next call your attention to a few of the "old-timers"—not of this country. Mr. Arthur B. Reeve, in "Scrap Book," gives a few authenticated cases in Great Britain. It is said that one James Easton, in 1799, recorded the name, age, place of residence, and year of decease of one thousand, seven hundred and twelve persons in the modern era who were reputed to have attained the age of a century and more. His purpose was to discover how he, himself, might live to a good old age, but he was obliged to drop by the way when he had passed but one milestone beyond the proverbial three-store and ten.

I give, herewith, some of the many cases reported.

William Farr, of Birmingham, in 1709, died at the age of 121 years. He had one hundred and forty-four descendants, and survived them all.

Robert Parr died at Kinver in Shropshire, in 1757, at the age of 124 years. The record of this long-lived family is not only interesting but astonishing. The son of the original Thomas lived to be 109; his son, 132; his son, 142; and his son, the Robert Parr in question, as reported, 124.

George Kirton died in 1764, at the age of 125. He was one of the best of English fox-hunters at the age of 80; and at the age of 100, he regularly attended the unkenneling of the fox, being carried in a chair.

Margaret Patten, in 1739, died at the St. Margaret's Workhouse, London, at the age of 137 years.

Mrs. Clum, in 1772, died at Lichfield, in Staffordshire, at the age of 138 years. She

had resided in the same house one hundred and three years.

Jonathan Hartop, in 1790, died at Aldborough, Yorkshire, at the age of 138 years. This poor man had five wives, seven children, twenty-six grandchildren, seventy-four great-grandchildren, and one hundred and forty great-great-grandchildren. He ate very sparingly, but drank a great deal of milk. Up to within a few months of his death he read without spectacles and played cribbage without mistakes. It is reported that when he was a young man in London, Milton borrowed fifty pounds of him. This was returned later by the poet with great difficulty. Hartop would not have received it, but Milton insisted and wrote a somewhat tart letter declaring that he would not consider it a gift, but a loan to be returned with interest. This letter, it is said, was in Hartop's possession at the time of his death, thus testifying to his great age.

The Countess of Desmond, of Ireland, died in 1612, at the age of 145 years. She

was married in the reign of King Edward IV. and danced with the King's brother, the Duke of York, at the wedding. Upon the fall of the House of Desmond, she was obliged to flee, although one hundred and forty years of age at the time, traveling from Bristol to London to solicit relief from the English court, she having been reduced to poverty. Lord Bacon was credited with saying that this remarkable old lady had renewed her teeth two or three times.

Thomas Parr, of Shropshire, the great-great-grandfather of Robert Parr, previously mentioned, died in 1635, at the age of 152 years. The famous Dr. Harvey, after having performed an autopsy on his body, facetiously remarked that he might have lived longer if he had only taken care of himself. He was married, first, at the early age of 88. They had two children. But the young man had not yet sown all his wild oats; for at the age of 102, while his first wife was still living, he fell in love with another woman and was obliged to do penance for his youthful indiscretions.

Soon after the death of his first wife he married a widow. Just previous to his death he was taken to London by Thomas, Earl of Arundel. He was presented to the King, and was maintained as a domestic in the family of the earl. For one, however, who had always lived on plain, hard country fare, the change to high living and excessive drinking was not good for the sesquicentenarian, in consequence of which he filled an untimely grave at the age, as previously stated, of 152 years. Dr. Harvey, in his autopsy, found him to be in the most perfect state of health except for the layers of adipose tissue acquired by living the pace that kills. And so this Parr must always stand as a monument to the dangers of fast life.

Thomas Damme, another old-timer, died in 1648, at the age of 154 years.

Henry Jenkins of Ellerton-on-Swale, in Yorkshire, died in 1670, at the age of 159 years. A few years before his death he appeared as a witness in a case and had an oath administed to him, all of which is

proved by an entry in the King's "Remembrance Office in the Exchequer."

John Rovin and His Wife, Hungarian peasants, form one of the most interesting chapters in the history of longevity. They both died in the same year (1741), he at the age of 172 years and she at the age of 164. They had been married one hundred and forty-nine years. Think of it! Talk of a life-long companionship. Their youngest child, at the time of their death, was 116 years of age.

Peter Torton, also a Hungarian peasant, died in 1724, at the very ripe age of 185 years.

Now for the climax. For this, however, Mr. Easton, the gentleman who gathered the previous data, would not vouch, although he mentioned those who would.

Numas de Cugna, a native of Bengal, and a friend of the great historian, Maffeus, died in 1566 at the age of 370 years. He was described by the historian as "a kind of living chronicle."

Noted Men Who Produce Their Greatest Works After Pass- ing Fiftieth Year

“The generation which has seen an aged Gladstone guide an empire; a Von Moltke, at the three-score limit, beat down France; and a Bismarck, at more than three-score, readjust the powers of Europe, has naturally enough,” says Prof. Nathaniel S. Shaler of Harvard University, “given up the notion that a seat by the chimneyside is the only place for the elders.”

Immanuel Kant's “Critique of Pure Reason” appeared after he had reached 57; a work of such vast comprehensiveness that the world has produced but a handful of men since his day who could fully appreciate or praise him. His “Contest of the Faculties” appeared when he had passed 70.

Darwin's “Origin of Species,” written at the age of 50, sounded the farthest depth of biological knowledge, and created

such a whirlwind of controversy as no other book has done. "The Descent of Man," written at the age of 62, had an effect almost as widespread and profound.

Herbert Spencer had merely made a rough outline or programme of his "Synthetic Philosophy" when he was 40; "Principles of Psychology" was written when he was 52; "Principles of Sociology" when he was 56, and one of the greatest of his ethics series, "Justice," came at the age of 71.

Richard Wagner did not reach the zenith of his powers until he was 50. The entire "Niebelungen Ring" was produced after he was 60. "Parsifal" was written at 64.

Haydn composed "The Creation" at 67 years of age and "The Seasons" some years later.

Humboldt postponed the crowning work of his life until he reached his 76th year, finishing it with high honor and credit.

Goethe, after reaching 65, laid out for himself a completely new field of literary activities. At 80 years of age he finished

“Faust,” the second part of which is considered the most important part of his life work.

Lord Kelvin's works upon navigation, matter, physics and geology, executed after he had passed 60 years, are among his strongest and best productions.

Faraday's discoveries of the effect of magnetism upon the polarization of light and diamagnetism were between the ages of 50 and 60, and many important discoveries continued until late in life.

John Fiske did all of his historical work after he reached 40, and the most important of his productions, both historical and philosophical, were after he passed 60.

Christopher Columbus was 56 years old when he discovered America.

He Practices What He Preaches

The Los Angeles Examiner recently contained the following complimentary notice of our Mr. Warman:

Climbs Mount Wilson, Up and Back,
Without Resting or Eating.

Edward B. Warman, athlete, writer and dietetic expert, as well as Physical Director of the Hundred-Year Club, celebrated being sixty-three years young by climbing to the top of Mt. Wilson and then jogging down to foot of trail without food or rest from start to finish.

Mr. Warman has previously ascended Mt. Wilson, together with his Hundred-Year Club, and remained over night on the summit, but his round trip yesterday, without nourishment or rest, was by way of proving to himself that at sixty-three he is as fit as he ever was, and that his rules of life: of eating, drinking, bathing, breathing, etc., by which he keeps hale and hearty, are good ones.

Accompanied by Mrs. Warman, the veteran went to Sierra Madre early yesterday morning, and the pair began the ascent of the Mt. Wilson trail without partaking of breakfast; it being one of Mr. Warman's theories that the healthy body, in case of an emergency, draws upon itself from the stored-up energy for its motive power.

They arrived at the Half-Way House in one hour and thirty minutes. Mrs. Warman remained there while her vigorous spouse continued nimbly up the steeper half to the summit—time two hours—returning soon as he registered at the Mt. Wilson Hotel and had refreshed himself with a cup of snow-water.

At the Half-Way House (which he reached by a dog-trot in fifty-five minutes) he was rejoined by Mrs. Warman, and, after drinking two glasses of lemonade, together they jogged to the foot of the trail in fifty-five more minutes, thus making the descent from summit to base in one hour and fifty minutes.

After his arduous birthday climb, which is a little over sixteen miles, and an altitude of 5,886 feet, Mr. Warman declared he felt as fresh and strong as ever, and, if he were not so busy writing books and performing other work to the extent of about seventeen hours daily, he should like to do the Mt. Wilson climb as a regular thing.

“Work a little, sing a little,
Whistle and be gay;
Read a little, play a little,
Busy every day.
Talk a little, laugh a little,
Don't forget to pray;
Be a bit of merry sunshine
All the blessed way.”

How to Keep Well

By Elbert Hubbard.

1. Ninety-nine people out of a hundred who go to a physician have no organic disease, but are merely suffering from some symptom of their own indiscretion.

2. Individuals who have diseases, nine times out of ten, are suffering from the accumulated evil effects of medication.

3. Hence we get the proposition: Most diseases are the result of medication which has been prescribed to relieve and remove a beneficent warning symptom on the part of Nature.

4. Most of the work of doctors in the past has been to treat symptoms, the difference between a disease and a symptom being something the average man does not even yet know.

The people you see waiting in the lobbies of doctors' offices are, in a vast majority of cases, suffering through poisoning caused by an excess of food. Coupled with

this go the bad results of imperfect breathing, improper use of stimulants, lack of exercise, irregular sleep, or holding the thought of fear, jealousy and hate. All of these things, or any one of them, will, in very many persons, cause fever, chills, congestion, cold feet and faulty elimination.

Nature is always and forever trying hard to keep people well, and most so-called "disease"—which word means merely the lack of ease—is self-limiting, and tends to cure itself. If you have no appetite, do not eat. If you have appetite, do not eat too much. Be moderate in the use of everything, except fresh air and sunshine.

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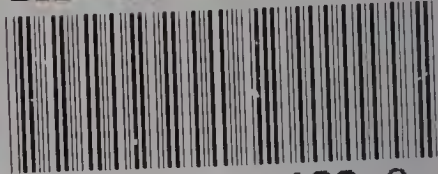
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		TORONTO, CANADA
EDINBURGH, SCOTLAND		PARIS, FRANCE
GLASGOW, SCOTLAND		SYDNEY, AUSTRALIA

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